



2019-2020 Singles Program Requirements Quick Reference Guide

February 4th, 2019

Short Program

Effective July 1, 2019

CATEGORY / TIME / BONUS <i>(Jumps must be fully rotated to receive bonus)</i>	AXEL	SOLO JUMP	JUMP COMBO	SOLO SPIN		COMBO SPIN (2 basic pos = "V")	FLYING SPIN	STEP SEQUENCE
Pre-Novice Women & Men (2:20 +/- 10 sec) Bonus: TBC	1A or 2A	Double or Triple (2Lo or higher)	2 Doubles, 1 Double / 1 Triple or 2 Triples (2A may be repeated) same jumps permitted (e.g. 2T+2T)	Women Layback, Sit or Camel (5 revs)	Men Change Sit (4/4 revs)	Min. 2 different basic pos 1 change of foot (4/4 revs)	N/A	Must fully utilize the ice
				Max Level 3 No flying entry				
Novice Women & Men (2:20 +/- 10 sec) Bonus: TBC	1A or 2A	Double or Triple	2 Doubles, 1 Double / 1 Triple or 2 Triples same jumps permitted (e.g. 2Lo+2Lo)	Women Layback, Sit or Camel (6 revs)	Men Change Camel (5/5 revs)	Min. 2 different basic pos 1 change of foot (5/5 revs)	N/A	Must fully utilize the ice
				No flying entry				
Junior Women (2:40 +/-10 sec) Bonus: TBC Halfway at 1:20	2A	<u>2Lo</u> or <u>3Lo</u>	2 Doubles, 1 Double / 1 Triple or 2 Triples same jumps permitted (e.g. 2T+2T)	Layback, or <u>Camel</u> (8 revs)		Min. 2 different basic pos 1 change of foot (6/6 revs)	Flying Sit (8 revs)	Must fully utilize the ice
				No flying entry				
Junior Men (2:40 +/-10 sec) Bonus: TBC Halfway at 1:20	2A or 3A	<u>2Lo</u> or <u>3Lo</u>	1 Double / 1 Triple or 2 Triples same jumps permitted (e.g. 3T+3T)	Change <u>Camel</u> (6/6 revs)		Min. 2 different basic pos 1 change of foot (6/6 revs)	Flying Sit (8 revs)	Must fully utilize the ice
				No flying entry				
Senior Women (2:40 +/-10 sec) Halfway at 1:20	2A or 3A	Triple	1 Double / 1 Triple or 2 Triples same jumps permitted (e.g. 3T+3T)	Layback, Sit or Camel (8 revs)		Min. 2 different basic pos 1 change of foot (6/6 revs)	Flying Spin (8 revs) Basic position must be different from Solo spin	Must fully utilize the ice
				No flying entry				
Senior Men (2:40 +/-10 sec) Halfway at 1:20	2A or 3A	Triple or Quad	1 Double / 1 Triple, 2 Triples or 1 Quad / 1 Dbl or 1 Tpl same jumps permitted (e.g. 3Lo+3Lo)	Change Camel or Change Sit (6/6 revs)		Min. 2 different basic pos 1 change of foot (6/6 revs)	Flying Spin (8 revs) Basic position must be different from Solo spin	Must fully utilize the ice
				No flying entry				

All Falls, both during and between elements will be identified and have a value

Please note: Junior & Senior categories subject to change by the ISU



2019-2020 Singles Quick Reference Chart

Free Program

Effective July 1, 2019

February 4th, 2019

CATEGORY / TIME / BONUS <i>(Jumps must be fully rotated to receive bonus)</i>	JUMPS <i>(Each category must have an Axel)</i>	SPINS <i>(All codes must be different for each category)</i>		SPIRAL / STEP / CHOREO
Pre-Juvenile Women & Men U11 & U13 (2:00 or 2:30 ±0:10)	Max 5 jumps <i>Must include 5 different jump types</i>	Max 2 spins (Max Base Level)		Max of 1 Spiral Sequence Max Base Level
	Max 2 jump Combos 1 combo to include Toe Loop as 2 nd jump, 1 combo to include Loop as 2 nd jump (2 jumps allowed in jump combo)	CCoSp (3/3 revs) 2 basic pos = "V" (fly NOT allowed, DV permitted)	Flying Camel or Flying Sit (4 revs) (1 pos / no change of foot, no DV)	
Juvenile Women & Men U12 & U14 (2:30 ±0:10) Bonus: TBC	Max 5 jumps <i>Must include 6 different jump types</i>	Max 2 spins (Max Base Level)		Max of 1 Step Sequence (for at least half the ice) Max Base Level
	Max 2 jump Combos 1 combo to include Toe Loop as 2 nd jump, 1 combo to include Loop as 2 nd jump (2 jumps allowed in jump combo)	CCoSp (3/3 revs) 2 basic pos = "V" (fly NOT allowed, DV permitted)	Flying Camel or Flying Sit (4 revs) (1 pos / no change of foot, no DV)	
Pre-Novice Women & Men (3:00 ±0:10) Bonus: TBC	Max 6 jumps	Max 2 spins (Max Level 3)		Max of 1 <u>Step Sequence</u>
	Max 3 jump Combo/Seq (2 jumps allowed in jump combo) <u>May repeat 1 2A and 2 different triple jumps</u>	CCoSp (8 revs) 2 pos = "V" (flying entry optional)	Flying Camel or Flying Sit (5 revs) (1 pos / no change of foot)	
Novice Women & Men (3:30 ±0:10)* Bonus: TBC <u>*Novice Women's music time updated</u>	Max 7 jumps	Max 3 spins		Max of 1 <u>Step Sequence</u>
	Max 3 jump Combo/Seq (1 jump combo may have 3 jumps) <u>May repeat 1 2A and 2 different triple jumps</u>	CCoSp (10 revs) 2 pos = "V" (flying entry optional)	Flying Camel or Flying Sit (6 revs) (1 pos / no change of foot)	
Junior Women & Men (3:30 ±0:10) Halfway at 1:45	Max 7 jumps	Max 3 spins		Max of 1 Step Sequence
	Max 3 jump Combo/Seq (3 jumps allowed in 1 jump combo) Any double jump cannot be included more than twice Of all triples and quads, only 2 may be repeated; of the 2 repetitions only 1 may be a quad	CoSp (10 revs) 2 pos = "V" (flying entry & change of foot optional)	Flying Spin (6 revs) (change of pos & change of foot optional)	
Senior Women & Men (4:00 ±0:10) Halfway at 2:00	Max 7 jumps	Max 3 spins		Max of 1 ChSq
	Max 3 jump Combo/Seq (3 jumps allowed in 1 jump combo) Any double jump cannot be included more than twice Of all triples and quads, only 2 may be repeated; of the 2 repetitions only 1 may be a quad	CoSp (10 revs) 2 pos = "V" (flying entry & change of foot optional)	Flying Spin (6 revs) (change of pos & change of foot optional)	Spin in 1 pos (6 revs) (flying entry & change of foot optional)

All Falls, both during and between elements will be identified and have a value

Please note: Junior & Senior categories subject to change by the ISU